



SUBSTANCE USE DISORDER
ALLY TRAINING HUB
Virginia Department of Social Services

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Recovery Ally Training

Spring 2021



VDH VIRGINIA
DEPARTMENT
OF HEALTH




VCU

Student Affairs

In this workshop, participants will...

- Demonstrate understanding of recovery as a long-term process and the way that impacts conversations with individuals
- Differentiate between myths and realities of substance use and addiction and understand how stigma impacts people who use substances
- Employ appropriate language related to addiction and recovery
- Use empathy and openness with people in recovery
- Apply skills for interactions with people who are ambivalent about change and investigate resources for substance use treatment and recovery

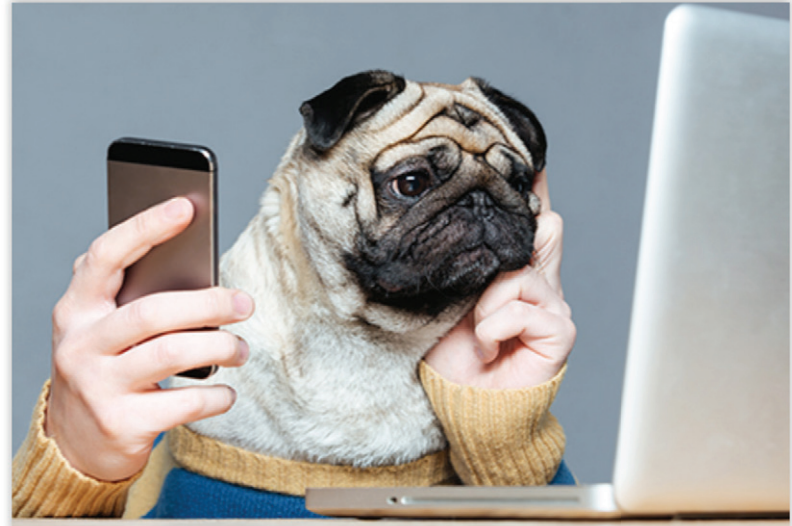


MODULE 1

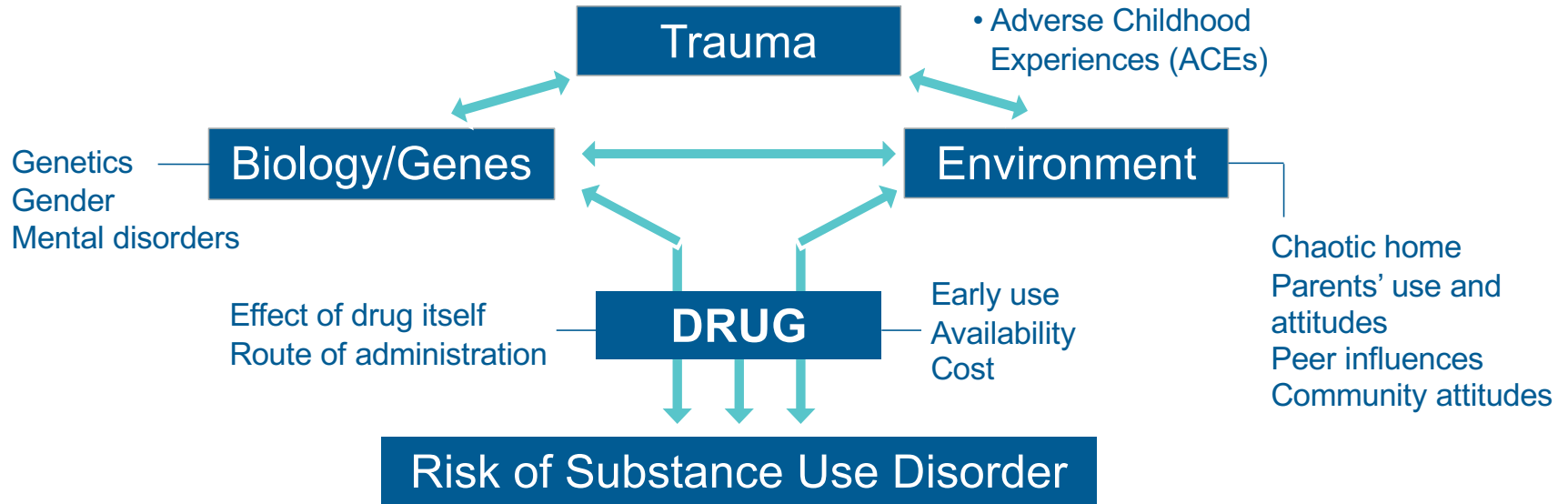
Prevention and Risk

What does research say about why people use substances?

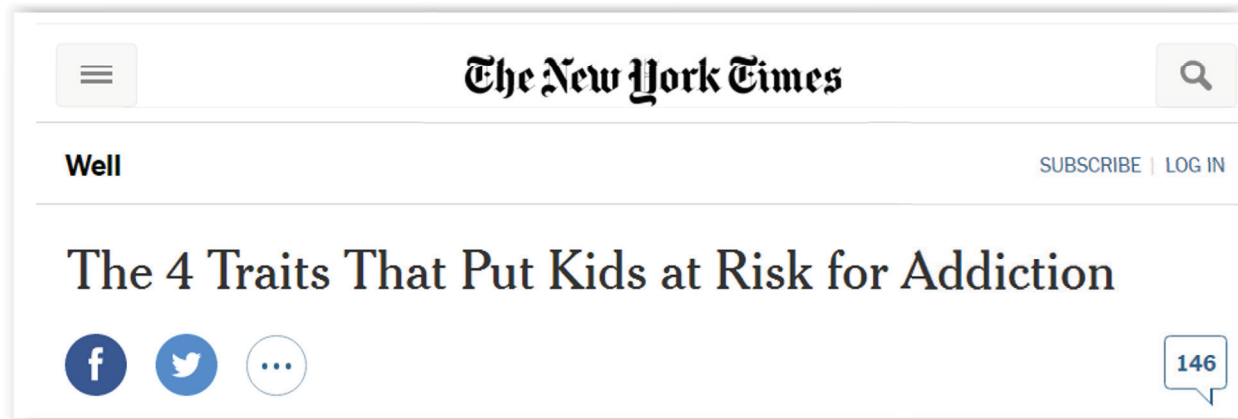
- Curiosity
- To fit in
- To feel good
- To feel better
- To “do” better
- Stress



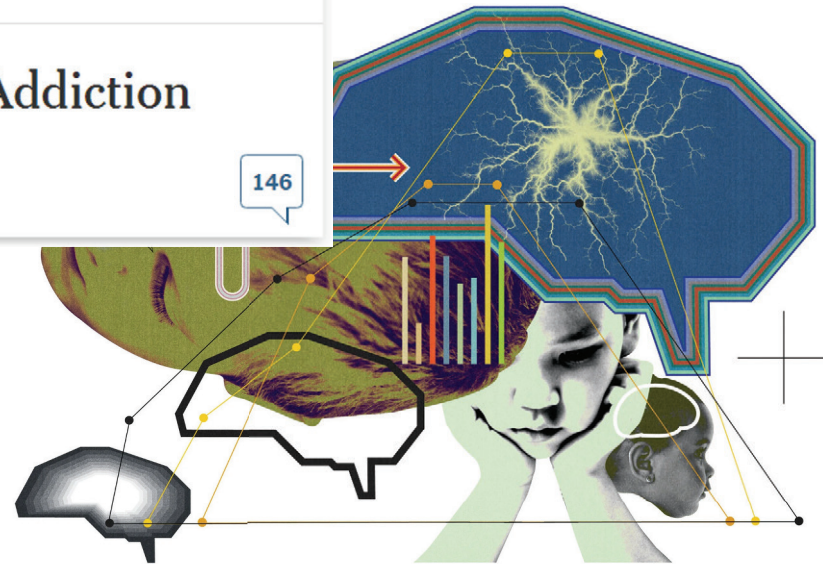
Like all diseases, risk for SUD is impacted by genetics and environment



Adapted from: National Institutes on Drug Abuse. 2014. Drugs, brains and behavior: the science of addiction.
<https://www.drugabuse.gov/publications/drugs-brains-behavior-science-addiction/drug-abuse-addiction>



- Impulsivity
- Sensation Seeking
- Anxiety Sensitivity
- Negative Thinking



Stuart Bradford

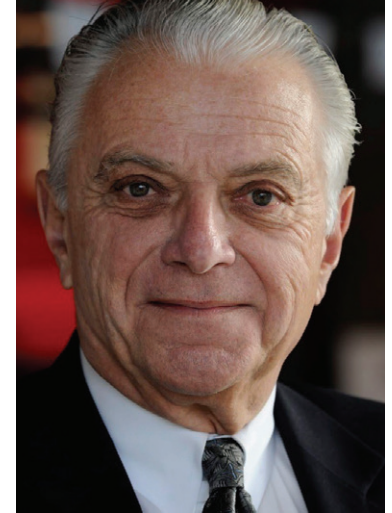
We evolved to have all these traits in our population! They aren't bad or good. They just are.
http://www.nytimes.com/2016/10/04/well/family/the-4-traits-that-put-kids-at-risk-for-addiction.html?_r=0

The ACE Study

“The largest, most important public health study you never heard of began in an obesity clinic.”



Robert Anda, MD



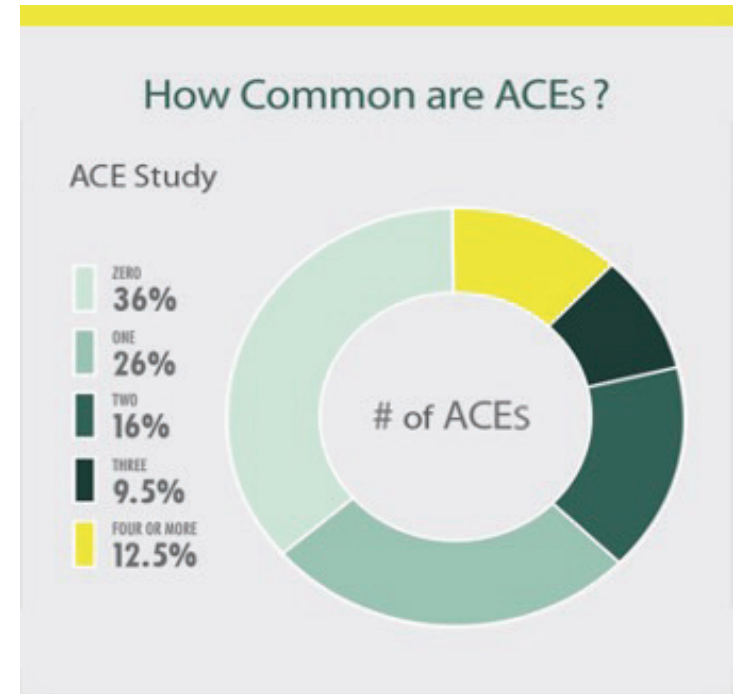
Vincent Felitti, MD

<https://acestoohigh.com/2012/10/03/the-adverse-childhood-experiences-study-the-largest-most-important-public-health-study-you-never-heard-of-began-in-an-obesity-clinic/>

ACEs Survey

Score 0-10 Points

- Psychological abuse
- Physical abuse
- Sexual abuse
- Emotional neglect
- Physical neglect
- Loss of a parent
- Mother treated violently
- Substance misuse
- Mental illness
- Criminal behavior



https://www.cdc.gov/violenceprevention/acestudy/ACE_graphics.html

Things Get Serious at About 4 ACEs

Compared to a zero ACEs score, those with four or more are:

- 240% more likely to have hepatitis
- 390% more likely to have emphysema or chronic bronchitis
- 240% more likely to have a sexually transmitted infection
- **Twice as likely to be smokers**
- **12 times more likely to have attempted suicide**
- **7 times more likely to have alcohol use disorder**
- **10 times more likely to have injected illicit drugs**

<https://acestoohigh.com/2012/10/03/the-adverse-childhood-experiences-study-the-largest-most-important-public-health-study-you-never-heard-of-began-in-an-obesity-clinic/>

Out of 100 People...

With 0 ACEs

1 in 16 smokes

1 in 69 have AUD

1 in 480 use IV drugs

1 in 14 has heart disease

1 in 96 attempts suicide

With 3 ACEs

1 in 9 smokes

1 in 9 have AUD

1 in 43 use IV drugs

1 in 7 has heart disease

1 in 10 attempts suicide

With 7+ ACEs

1 in 6 smokes

1 in 6 have AUD


1 in 30 use IV drugs

1 in 6 has heart disease

1 in 5 attempts suicide

When a student struggles, keep ACEs in mind as a possibility.

<https://www.slideshare.net/EightAZpbs/ace-train-the-trainer-final-june-4-2013>



MODULE 2

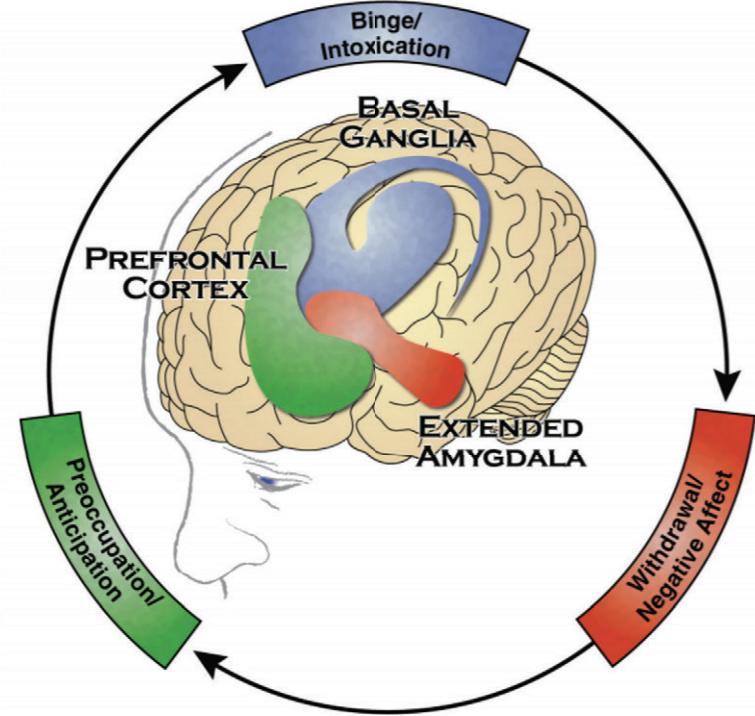
Addiction as a Chronic Health Condition: Recovery and the Brain

SUD IS A BRAIN DISORDER

Once exposed, some people's brains get "hijacked"

We tend to focus on the "binge high" that annoys us, but negative internal feelings propel the cycle

Figure 2.3: The Three Stages of the Addiction Cycle and the Brain Regions Associated with Them



<https://www.drugabuse.gov/publications/drugs-brains-behavior-science-addiction/treatment-recovery>

Chronic Medical Disorders & Stigma

CANCER



Chronic Medical Disorders & Stigma

HEART DISEASE

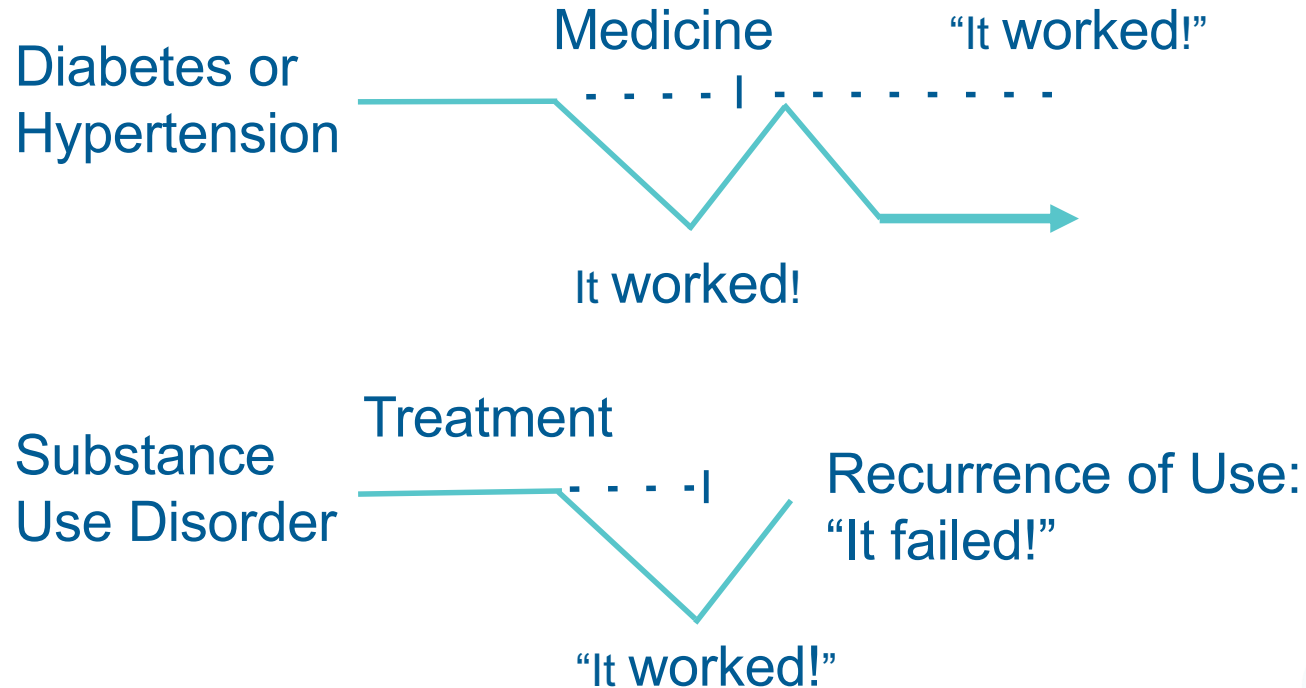


Chronic Medical Disorders & Stigma

ADDICTION

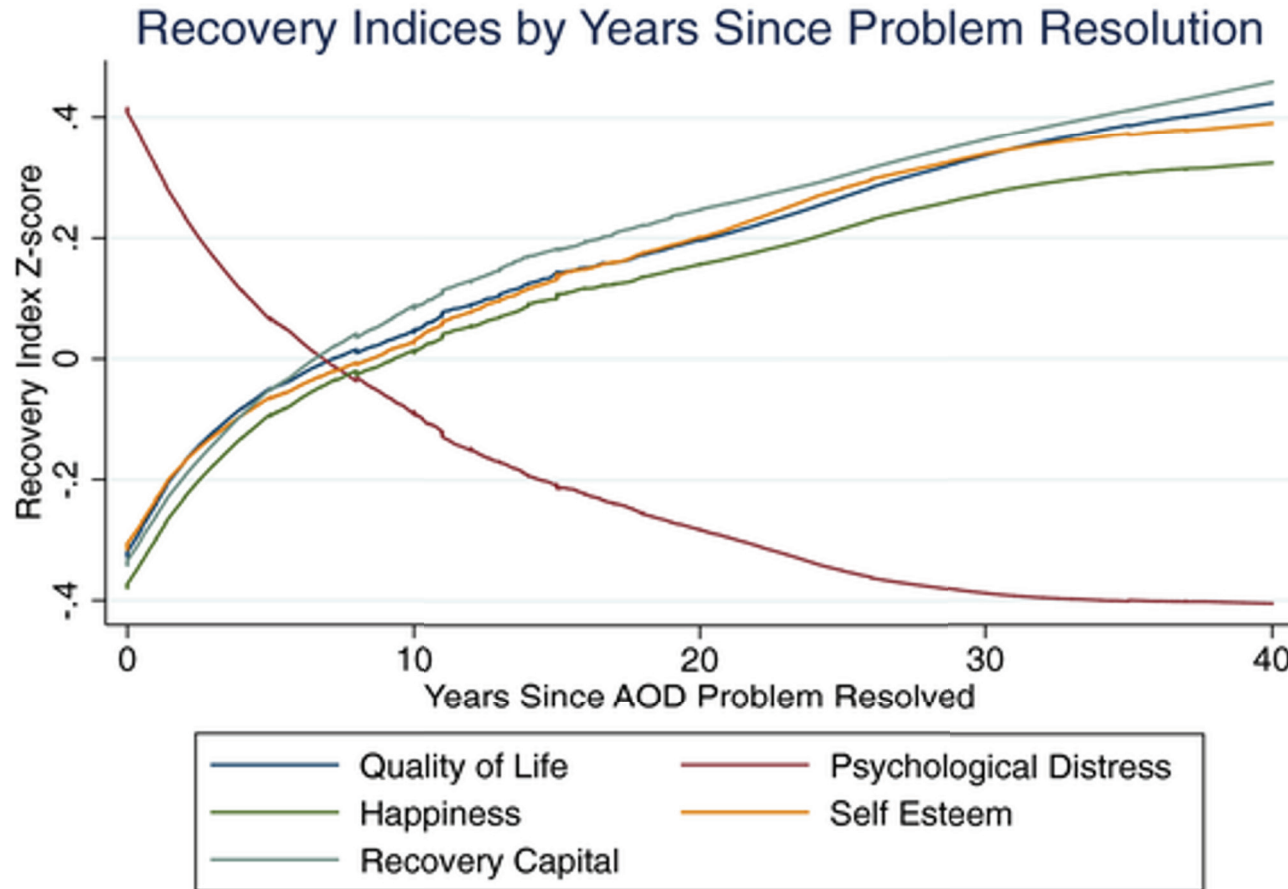
SILENCE

How Do We Evaluate Chronic Disease Treatment?



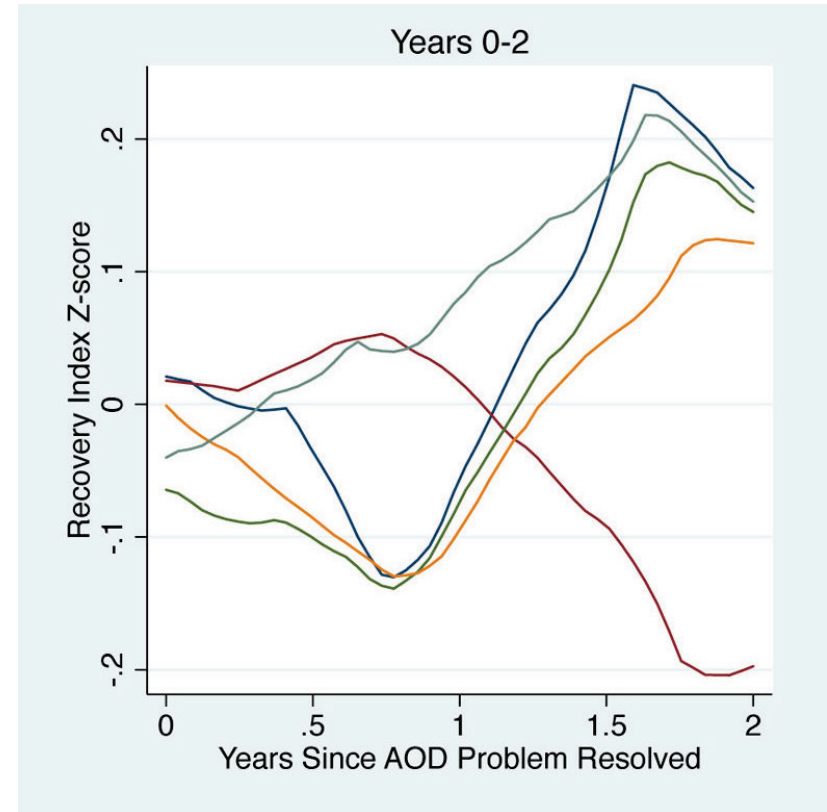
Treatment for chronic diseases must be long term.

It Gets Better!



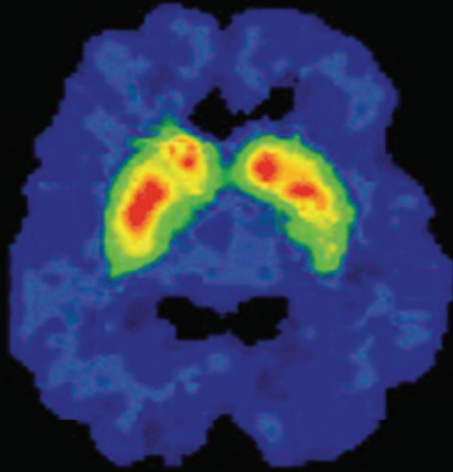
Kelly, J. F., Greene, M. C. and Bergman, B. G. (2018), Beyond Abstinence: Changes in Indices of Quality of Life with Time in Recovery in a Nationally Representative Sample of U.S. Adults. *Alcohol Clin Exp Res*, 42: 770-780. doi:10.1111/acer.13604

(But Not Right Away!)

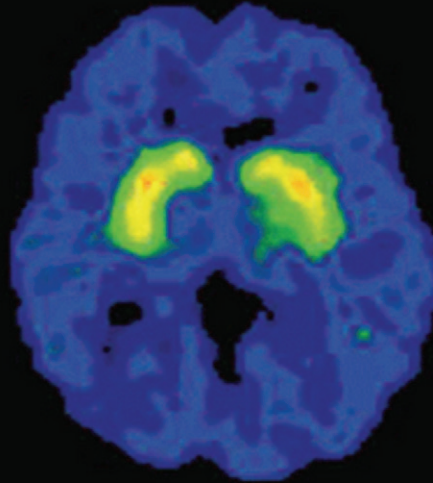


Kelly, J. F., Greene, M. C. and Bergman, B. G. (2018), Beyond Abstinence: Changes in Indices of Quality of Life with Time in Recovery in a Nationally Representative Sample of U.S. Adults. *Alcohol Clin Exp Res*, 42: 770-780. doi:[10.1111/acer.13604](https://doi.org/10.1111/acer.13604)

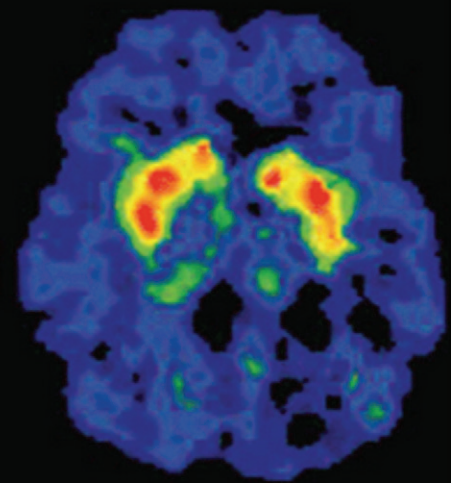
BRAIN RECOVERY WITH PROLONGED ABSTINENCE



HEALTHY
CONTROL

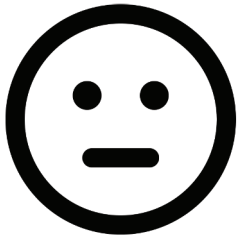


1 MONTH OF
ABSTINENCE



14 MONTHS OF
ABSTINENCE

Post-Acute Withdrawal Syndrome (PAWS)



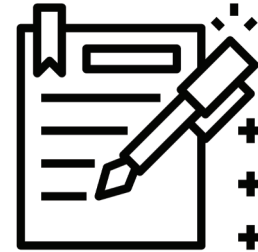
Anhedonia



Difficulty
sleeping



Memory
loss



Difficulty
setting
priorities



Stress
sensitivity

Icons used under creative commons license from the Noun Project: Neutral by ♦ Shmidt Sergey ♦; Insomnia by Delwar Hossain; Brain Damage by Francesca Arena; note by Becris; Stress by Blair Adams



MODULE 3

Stigma, Policy, and Recovery

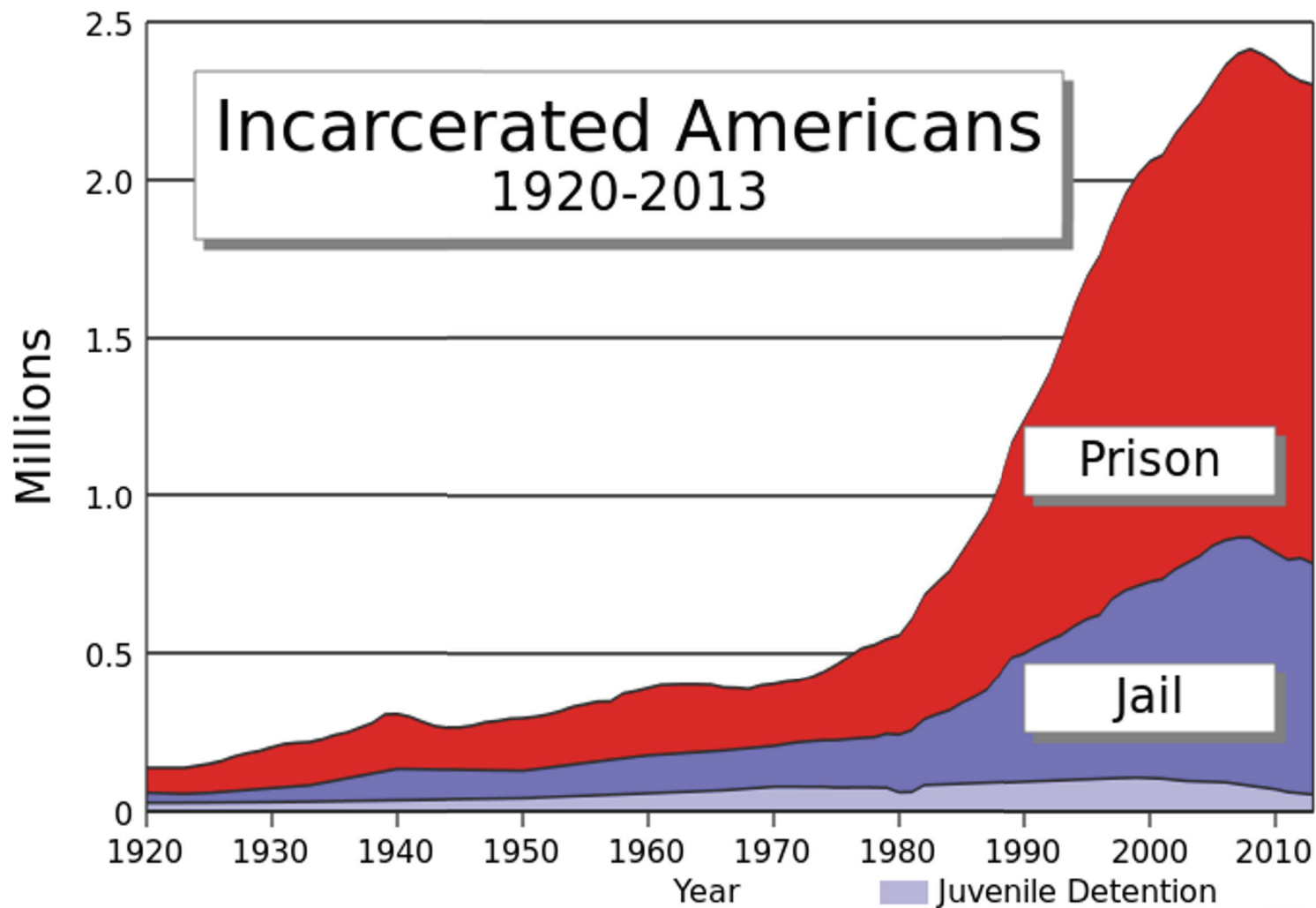
Structural Racism



Adapted from Keith Murphy - 2018







INCARCERATION RATE

(PER 100,000)

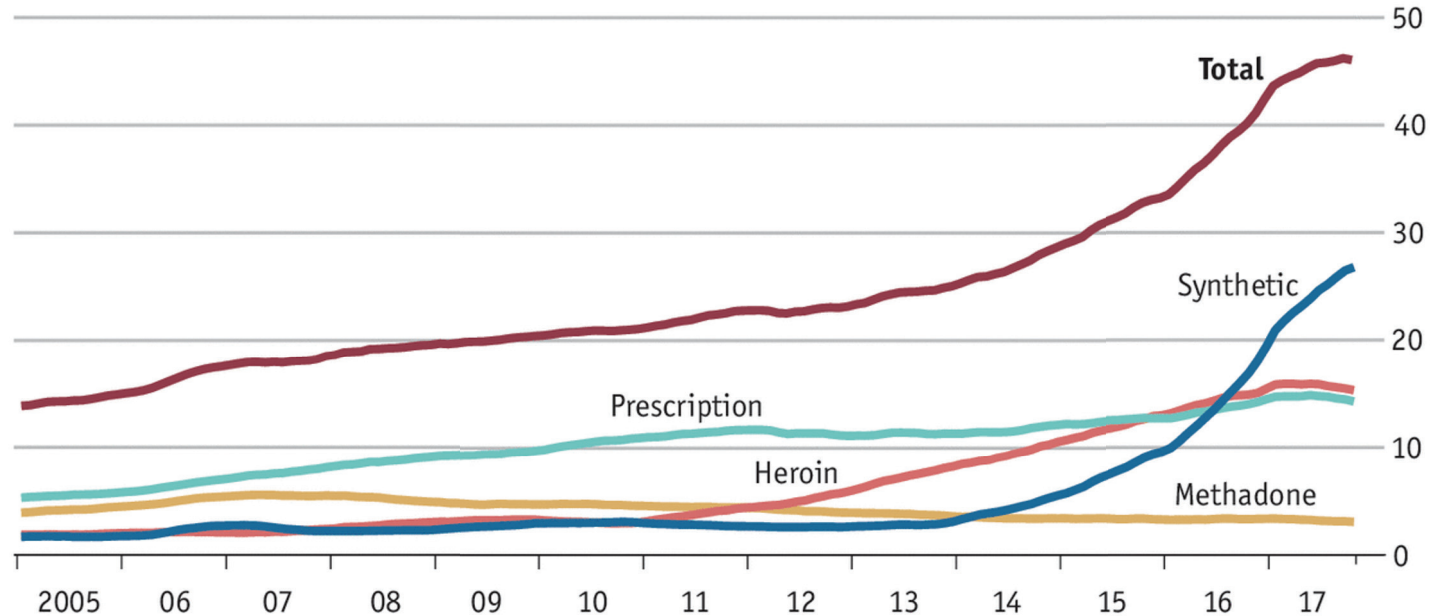
*chart depicts a sampling of nations



Opioid Epidemic

Vein hopes

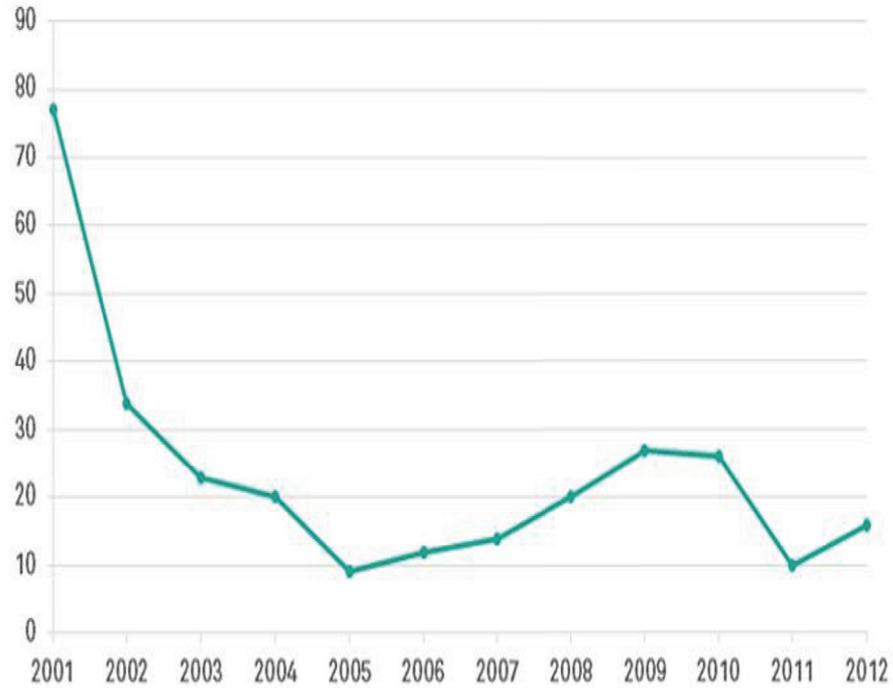
United States, opioid deaths, by drug type, '000
12-month moving total



Source: Centres for Disease Control and Prevention

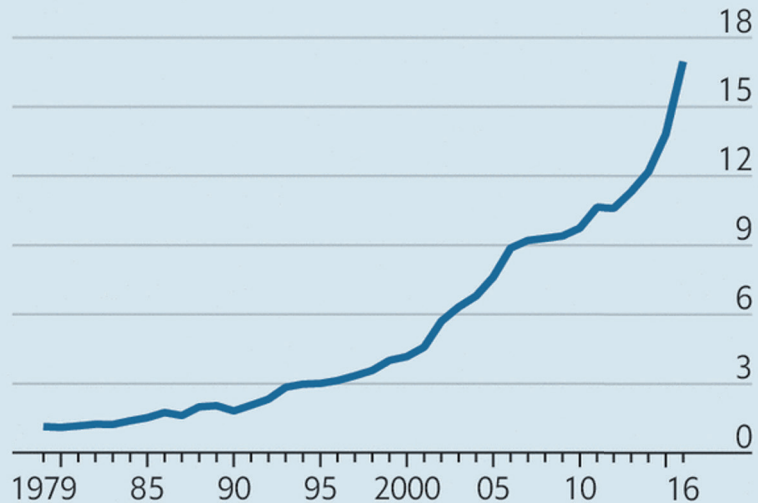
Economist.com

Drug-induced deaths




Epidemic

United States, overdose death rate, all drugs
Per 100,000 population



Source: "Changing dynamics of the drug overdose epidemic in the United States from 1979 to 2016" by Jalal et al., *Science*, 2018

The Economist



MODULE 4

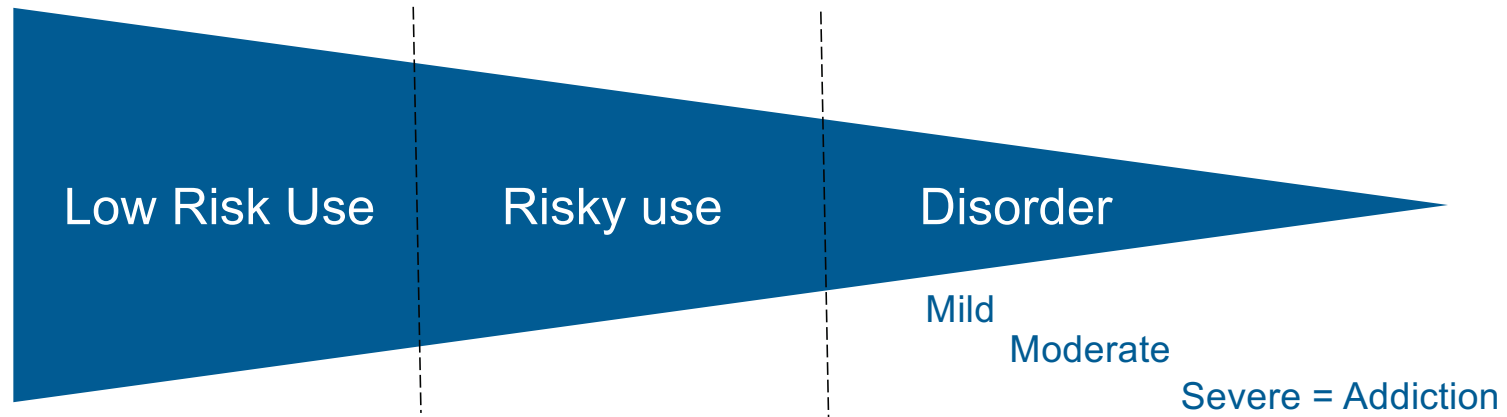
People First Language & A Framework for Understanding

Terminology: Substance Use Disorder

In the DSM-5: Recurrent use of alcohol or other drugs that causes clinically and functionally significant impairment, such as health problems, disability, failure to meet major responsibilities at work, school or home.

- Mild 2-3
- Moderate 4-5
- Severe 6-7
- Addiction
- Person with a substance use disorder

Substance Use Occurs On a Spectrum



9 in 10 heavy drinkers given positive reasons to change reduce use... but 1 in 10 can't.

<https://www.cdc.gov/media/releases/2014/p1120-excessive-drinking.html>

The Real Stigma of Substance Use Disorders

In a study by the Recovery Research Institute, participants were asked how they felt about two people
"actively using drugs and alcohol."

One person was referred to as a
"substance abuser"



The other person as
"having a substance use disorder"



No further information was given about these hypothetical individuals.

THE STUDY DISCOVERED THAT PARTICIPANTS FELT THE **"SUBSTANCE ABUSER" WAS:**

- less likely to benefit from treatment
- more likely to benefit from punishment
- more likely to be socially threatening
- more likely to be blamed for their substance related difficulties and less likely that their problem was the result of an innate dysfunction over which they had no control
- they were more able to control their substance use without help






	Mutual Aid Meetings	In Public	With Clients	Medical Settings	Journalists
Addict	✓	STOP	STOP	STOP	STOP
Alcoholic	✓	STOP	STOP	STOP	STOP
Substance Abuser	STOP	STOP	STOP	STOP	STOP
Opioid Addict	✓	STOP	STOP	STOP	STOP
Relapse	✓	STOP	STOP	STOP	STOP
Medication Assisted Treatment	STOP	STOP	STOP	STOP	STOP
Medication Assisted Recovery	✓	✓	✓	✓	✓
Person w/ a Substance Use Disorder	✓	✓	✓	✓	✓
Person w/ an Alcohol Use Disorder	✓	✓	✓	✓	✓
Person w/ an Opioid Use Disorder	✓	✓	✓	✓	✓
Long-term Recovery	✓	✓	✓	✓	✓
Pharmacotherapy	✓	✓	✓	✓	✓

Language matters but can change depending on the setting that we are in.

Choosing when and where to use certain language and labels can help reduce stigma and discrimination towards substance use and recovery.


 SOURCE: Ashford, R. D., Brown, A. M., & Curtis, B. (2018). Substance use, recovery, and linguistics: The impact of word choice on explicit and implicit bias. *Drug and Alcohol Dependence*, 189, 131-138.

Medication and Language

There are numerous medications that can be helpful in recovery. Of these use of Methadone and Buprenorphine (Subutex, Suboxone) carries significant stigma.

Preferred Language

- Recovery
- Taking medication as part of recovery
- Medication assisted recovery





MODULE 5

What Does an Ally Do?

Supplementary info:

Reading: What it means to be a recovery ally


Empathy & Connection



What Else Can an Ally Do?

Be available
to listen and
support

- Provide a warm handoff to the appropriate person
- Be knowledgeable of resources
- Appropriately self-disclose
- Take a naloxone training
- Challenge norms around substances use



MODULE 6

Philosophies of Care

**RECOVERY
ALLY**



RAMS IN RECOVERY 



**Help Everywhere:
No Wrong Door**

Spring 2021





Leverage informal, peer based, on-demand services



Build Community Recovery Capital

Gov. Terry McAuliffe meets with Students in Recovery

BY K. BURNELL EVANS Richmond Times-Dispatch Feb 17, 2017

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Recovery Support Services – Housing

- Clinical and non-clinical recovery residences provide supportive living arrangements
- Recovery housing increases recovery capital scores, increases wellness, and decreases recurrence of use rates



Recovery Support Services – Employment

- Recovery capital is drastically increased when employment is an option for individuals in recovery
- Vocational and technical trainings along with providing second chances can increase self-efficacy for people in recovery



Recovery Support Services – Peer/Social Support

- Peer Recovery Support Specialists, sometimes known as recovery coaches, differ from mutual aid groups
- Provide emotional support along with assistance with achieving recovery goals
- Focuses on relationship building and provides resources to increase recovery capital to people in early recovery

Recovery Support Services – Education

- Supporting individuals in recovery is essential to their overall happiness in recovery
- GED trainings along with post-secondary education can improve self-efficacy and self-esteem among people in recovery



Affirming Roles and Valuing Identity

- Recovery Community Organizations
- Recovery Celebrations, Anniversaries and Coins
- Celebrities in Recovery
- Recovery Walks



Change Community Rituals





MODULE 7

Pathways to Recovery

Many Pathways to Recovery

- 12-Step (AA, NA, Al-Anon, CA, MA, etc)
- Recovery Dharma
- Refuge Recovery
- All Recovery
- Life Ring
- SMART Recovery
- Women for Sobriety
- Celebrate Recovery
- Faith-based approaches
- Natural recovery

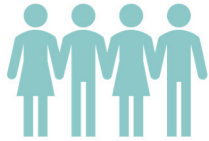


Supporting Intersectional Identities

- Black Indigenous People of Color (BIPOC) Meetings – AA and other support group
- 2 Spirit, Lesbian, Gay, Bisexual, Transgender, Intersex, Asexual (2SLGBTQIA+) – AA/NA and other support groups
- Transgender Specific Meetings
- American Sign Language (ASL) Meetings
- Spanish Speaking Meetings



A Way to Conceptualize Recovery Work: Three Pillars



Community

Sharing similar difficulties with people provides a foundation for individuals to recover alongside supportive friends




Growth

An individual's personal development through their recovery journey



Service

Helping others unconditionally is an essential concept of recovery



MODULE 8

Action For Faith Communities

Change Our Perspective

- Addiction is a treatable, chronic, medical condition — and not a personal or moral failing — prejudice and shame will be replaced by a spirit of compassion and hope that opens doors, hearts, and resources to those suffering with a substance use disorder.
- Finding a supportive community is essential to recovery. However, old conventions, as well as misunderstandings about addiction and the recovery process, often stand in the way of our communities providing the critical support and connections people need.

Where to Start

- Offer your space
- Know the resources
- Provide transportation
- Advertise meetings and events
- Public or congregational prayer (get your language right!)

Provide Educational Opportunities That Create Understanding and Encourage Compassion

- Partner with experts on education
 - Addiction as a treatable disease
 - Medication-Assisted Recovery
 - Pain management
 - ACEs
 - Safe disposal
- Offer understanding (not fear) based education: Just Say KNOW

Offer and Take Trainings

- Screening, brief intervention and referral to treatment
- Naloxone and overdose response
- Mental health first aid
- Recovery Ally!
- Trauma-informed care
- Motivational interviewing

Rebuild and Restore

- Wrap care around affected people (just like with other health conditions): Health, Housing, Purpose and Community
 - Offer coaching around finances
 - Have community leads/connectors to services
 - Help with employment, housing, food, clothing, childcare etc.
 - Support people post-incarceration and in the foster care system
- Recognize and mend hurts that faith communities may have contributed to or caused

Other Allyship Actions

- Build identity around being a recovery ready/recovery friendly community
- Participate in evidence based prevention programs
- Join local prevention and recovery coalitions
- Look for spaces to lend your organization's assets



MODULE 9

Families

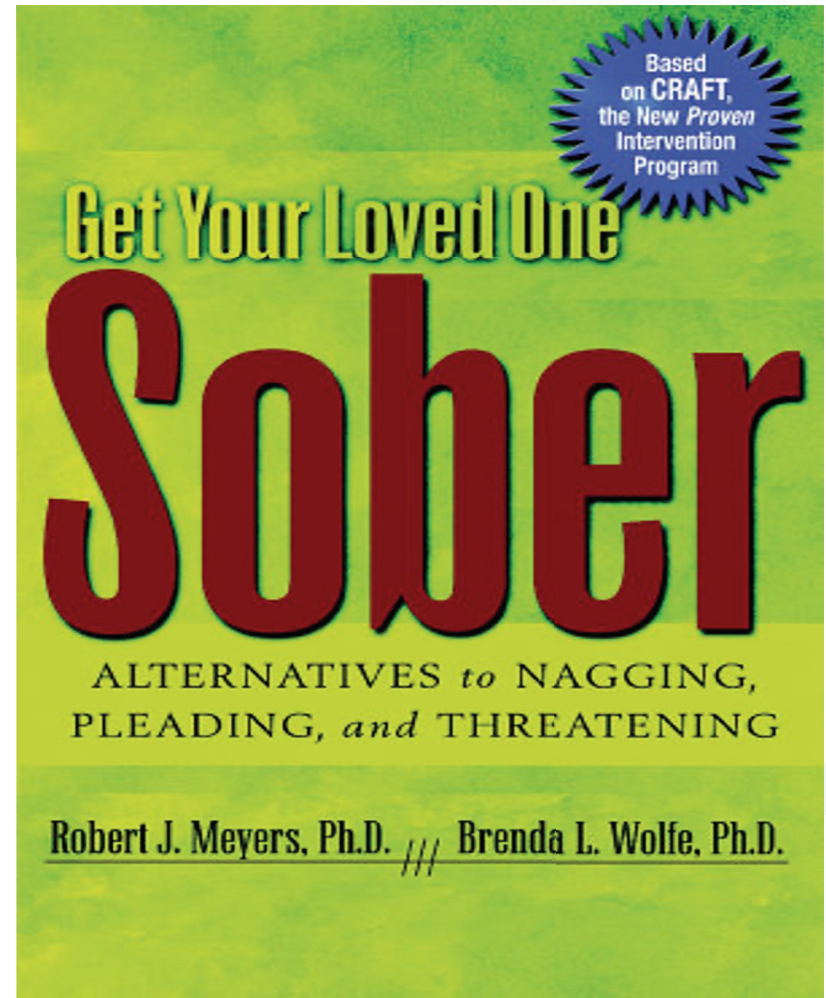
Invitation to Change Approach (ITC): Foundation

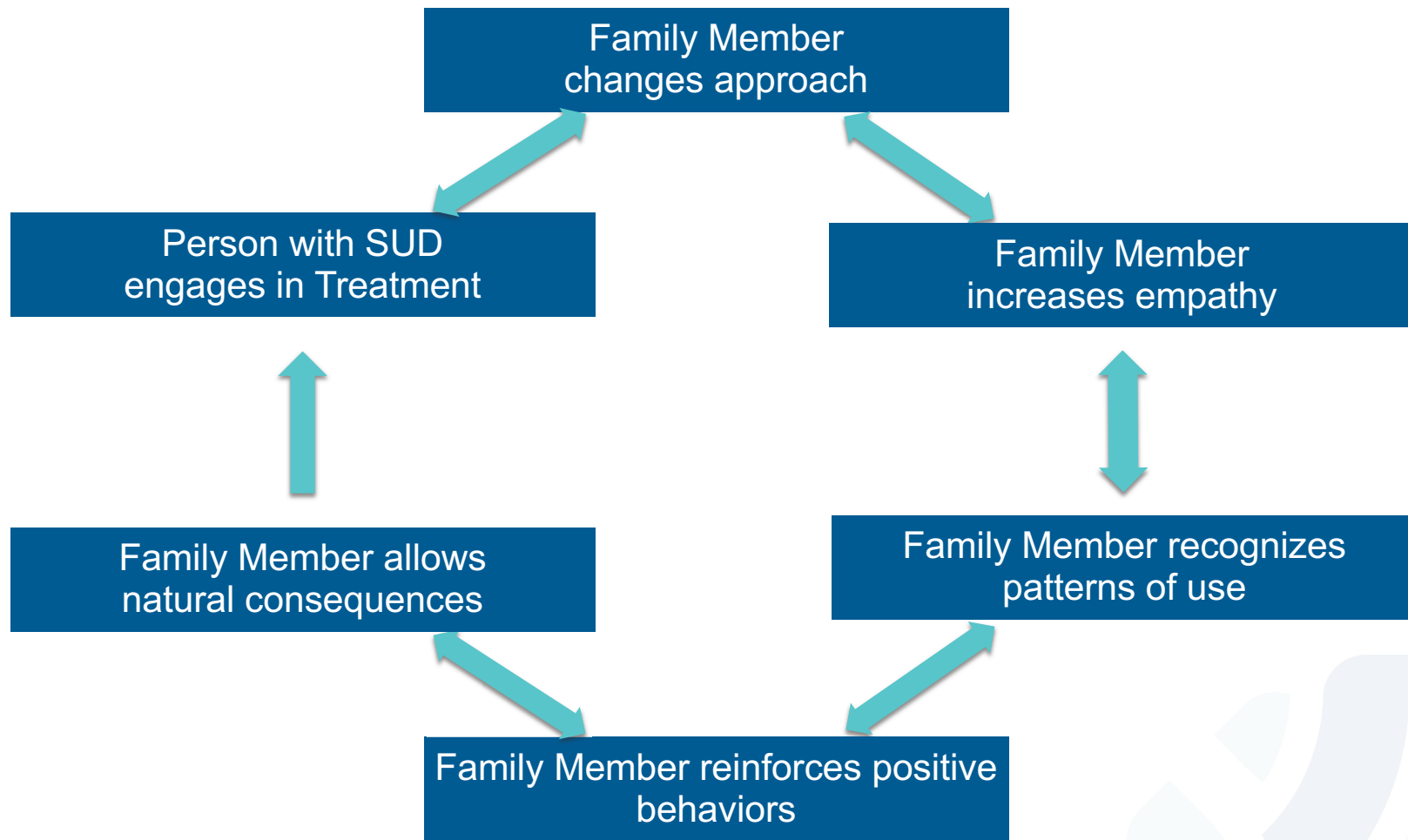
The Invitation To Change Approach: “Science and Kindness”

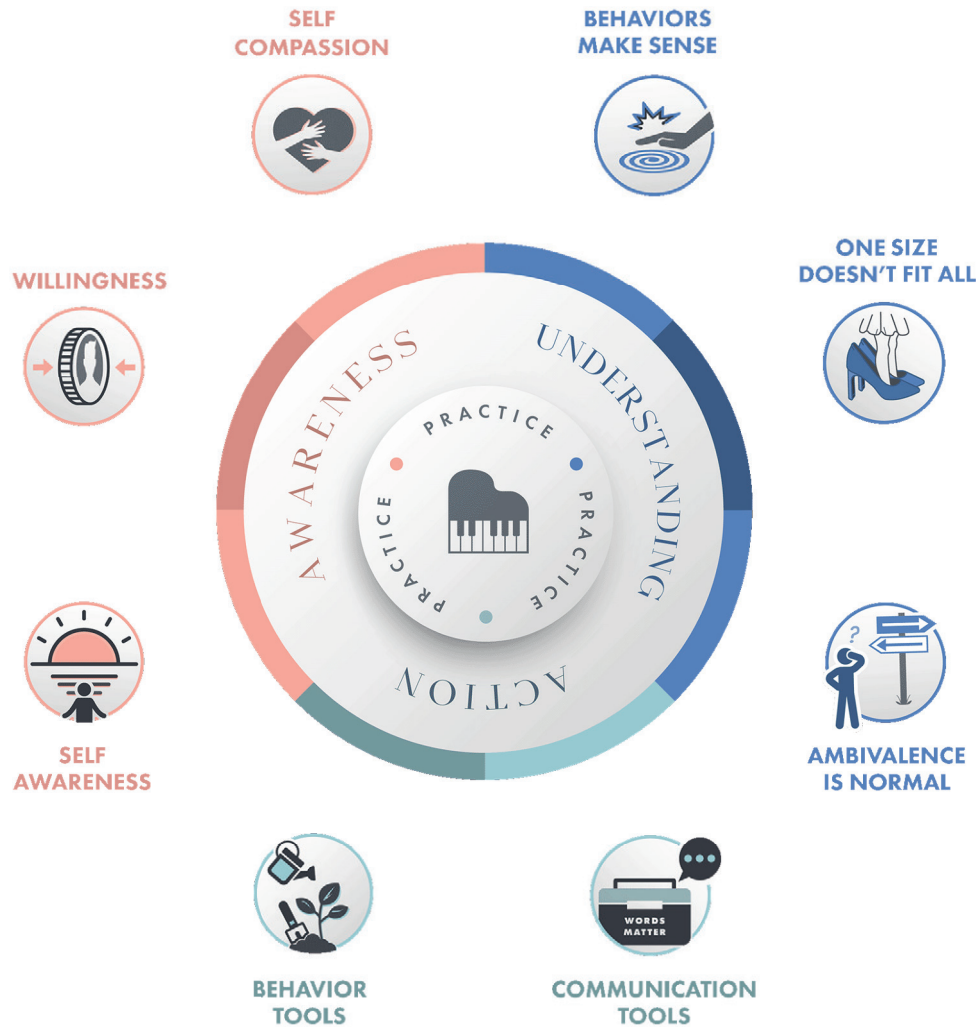
- A compassionate approach for encouraging change, drawing on evidence-based principles and practices of behavior change
- Evidence-based concepts and strategies employed in the **ITC**:
 - Community Reinforcement and Family Training (CRAFT)
 - Motivational Interviewing (MI)
 - Acceptance and Commitment Therapy (ACT)
- The ITC is a model for change that is accessible to both lay people (e.g., parents) and professionals

C.R.A.F.T.

Community Reinforcement And Family Training







The Invitation to Change Approach: An Overview

Helping with Understanding: *Lenses for a helpful perspective*

Behaviors make sense

One size doesn't fit all...recognizing everyone is different

Ambivalence is normal (and to be expected)

Helping with Awareness: *What I can do inside?*

Practicing Self-Awareness

Moving with Willingness

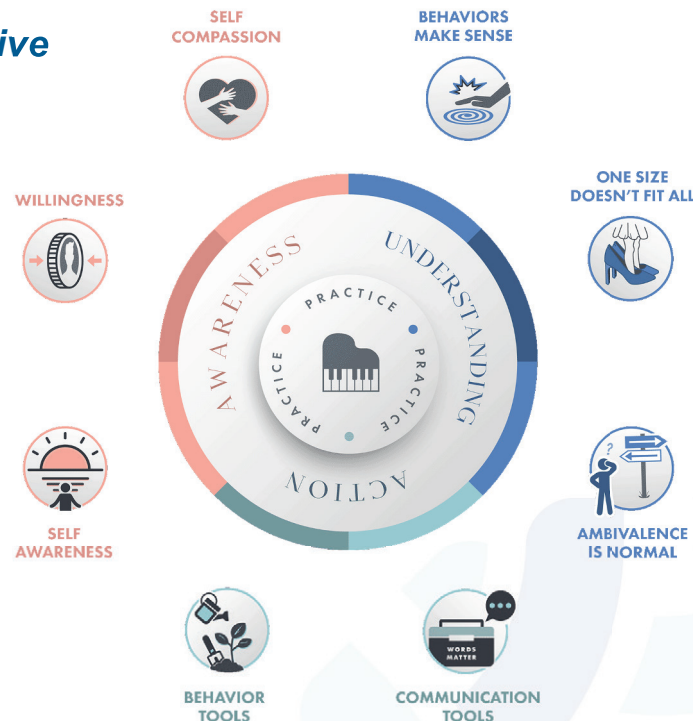
Self-Compassion: The foundation of self-care

Helping with Action: *What I can do outside?*

Communication tools: Helping red lights turn green!

Behavior tools: The power of positive reinforcement

Practice, Practice, Practice: A foundation of change



Advocacy Point 5: Families

- Families can and usually should be included in the treatment process
- Families can be a crucial part of a recovery support system when educated and empowered
- Families have often been shamed with non-evidenced based labels such as “co-dependency” and “enabling”
- People working with families should recognize that trauma is often experienced by family members

Closing

**NO
JUDGMENT**

**HELP
EVERYWHERE**

**RECOVERY-
INFORMED
PREVENTION**

WHAT MAKES A RECOVERY-READY COMMUNITY?

**HARM
REDUCTION**

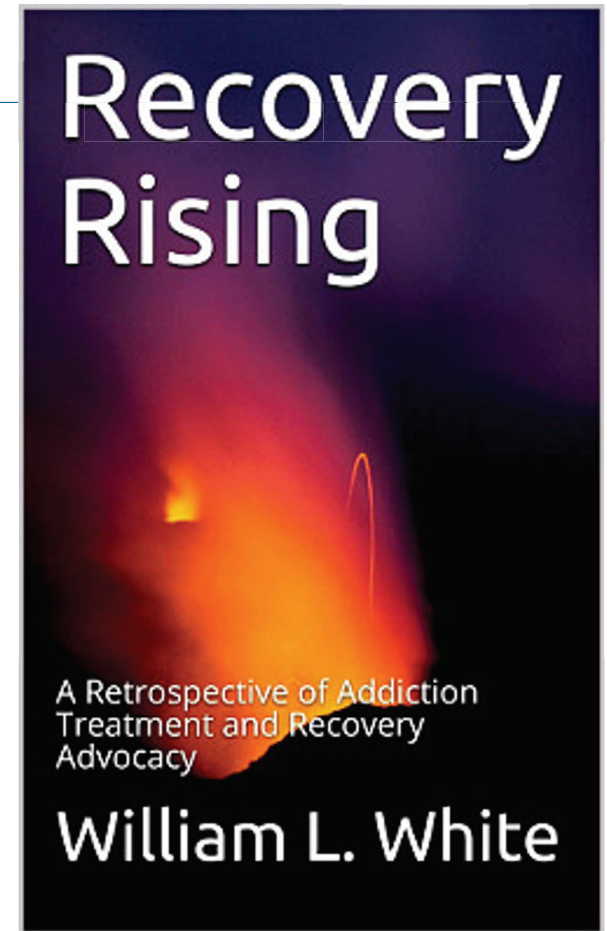
TREATMENT

**RECOVERY
SUPPORT**

Community recovery is a voluntary process through which a community uses the assertive resolution of alcohol and other drug (AOD)-related problems as a vehicle for collective healing, community renewal, and enhanced intergenerational resilience.

—William White

White, William L.. Recovery Rising: A Retrospective of Addiction Treatment and Recovery Advocacy (Kindle Locations 6898-6900). Kindle Edition.



Thank You!

Virginia Department of Behavioral Health and Developmental Services, Substance Abuse and Mental Health Services Administration, Danielle Dick, The College Behavioral and Emotional Health Institute, Mike Zohab, Angela Weight, Lauren Powell, The JHW Foundation, Shauntelle Hammonds, Peter's Place RVA, Joshua Redding, Michelle Omowaiye, Linda Hancock, Tiffani Wells, Virginia Department of Health, Jonathan Kiser, Roz Watkins, Emily Tompkins, Denise Carl, Carter Bain, SpiritWorks Foundation, Rose Bono, Amanda Stephan, Faces and Voices of Recovery and all the students in Rams in Recovery



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*Creating Recovery
Ready Communities*

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Volkow ND, Chang L, Wang GJ, et al. Loss of dopamine transporters in methamphetamine abusers recovers with protracted abstinence. J Neurosci. 2001;21(23):9414-9418.